

## **ABSTRACT**

**THESIS:** The Long-Term Effectiveness of Short-Term Physical Activity Interventions in Cardiac Patients

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While many short-term physical activity (PA) interventions in cardiac rehabilitation (CR) patients have proven to be successful at increasing PA levels, little is known about the long-term impact these interventions have. The purpose of the current study was to determine if the Increased Physical Activity in Cardiac Patients (IPAC) study utilizing pedometer feedback, motivational messages, and a combination of both were successful at increasing PA levels and improving cardiovascular disease (CVD) risk factors after 12 months. The results of the study indicated that none of the IPAC interventions were successful at increasing PA levels after 12 months compared to the usual care group and all groups reverted back to baseline levels. Additionally, no significant differences were seen across time or between groups in most CVD risk factors. Further research is needed to develop PA interventions in CR patients that foster long-term PA maintenance.